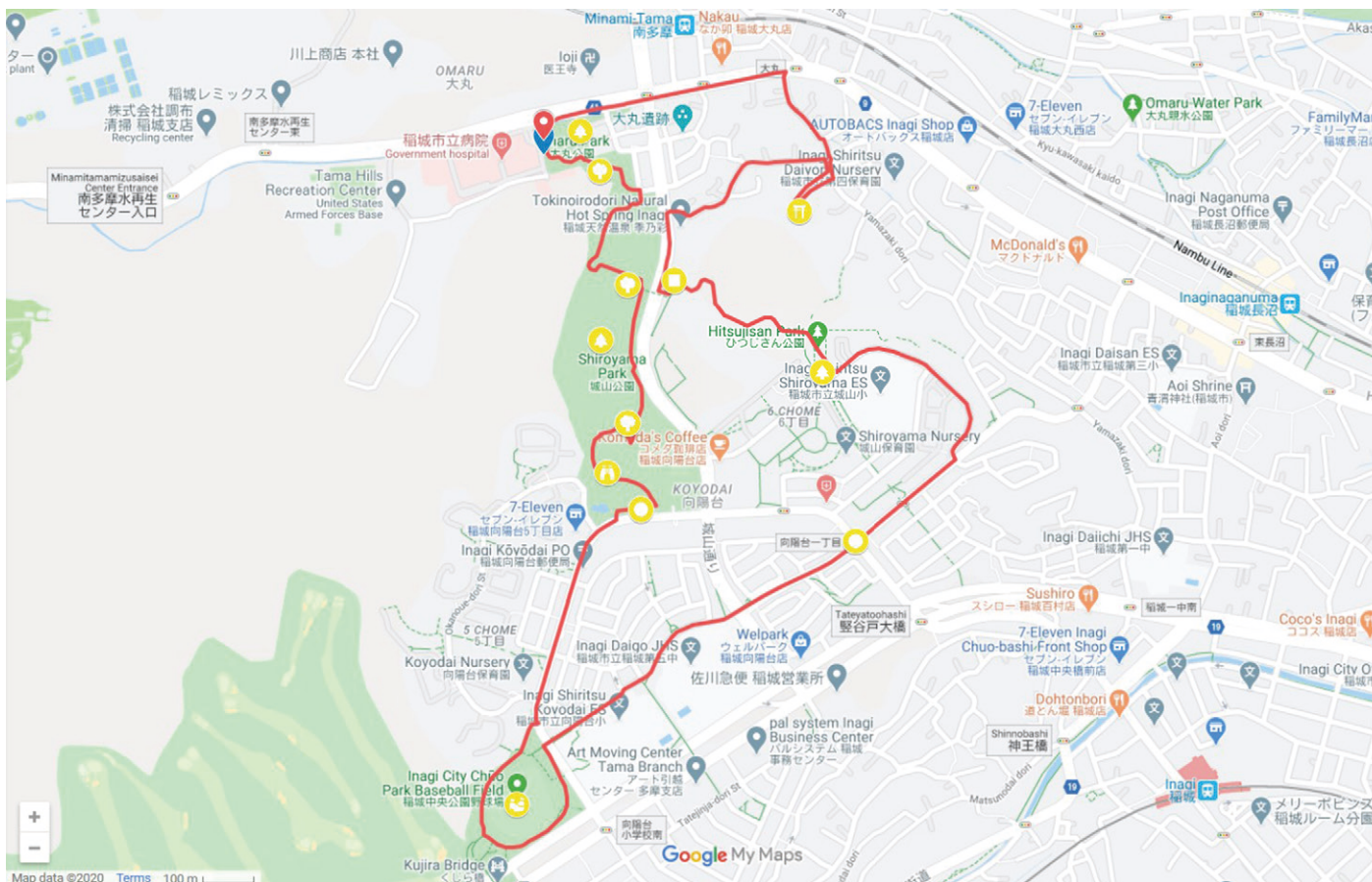


Omaru Park-Koyodai Course

Highlight | Scenery from Fine Tower (in Shiroyama Park)



©K.Okazawa・Jet Inoue



©Google

Route Description

- 📍 Omaru Park
- ▼
- 🌳 Habitat where silk trees and Japanese dogtooth violets grow in clusters
- ▼
- 🌳 Shiroyama Park
- ▼
- 📍 In front of Sanwa
- ▼
- 🏟️ Inagi Chuo Park Baseball Field
- ▼
- 📍 Koyodai 1-chome Intersection
- ▼
- 🌳 Hitsujisan Park
- ▼
- 🏯 Omatonotsunoten-jinja Shrine
- ▼
- 📍 Omaru Park

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

🕒 Time allowed	around 1 h 30 min.
📏 Distance	around 5.6 km
🔥 Calorie consumption	around 270 kcal
👣 Number of steps	around 8000 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Besides, the time allowed is the actual time when we walked the course.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

🏠 Fine Tower (observatory)



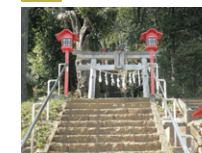
It is open to the public from 0:30 p.m. to 4:30 p.m. on Sundays and public holidays during the period from May to October.

🏟️ Inagi Chuo Park Baseball Field



Cherry blossoms blooming around the baseball field is also a sight to see.

🏯 Omatonotsunoten-jinja Shrine



The shrine has a long and distinguished history from the Kamakura period.